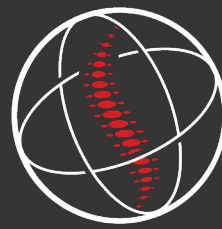




AXIS



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CENTER

A DIVISION OF NORTHWEST SPECIALTY HOSPITAL
PROUDLY OWNED AND OPERATED BY PHYSICIANS



Call today to
set up your
consultation!

AXIS SPINE NEWSLETTER

Weight Loss

by **JESSICA B. JAMESON, MD**

HOW DOES WEIGHT AFFECT SPINE HEALTH?

Your spine is made up of bones stacked on top of each other with discs that act as cushions in between. Your spine is designed to handle pressure and movement. However, when you are overweight, the excess pressure can strain the various parts of our spine and result in pain that can range from uncomfortable to debilitating. Excess weight can alter the natural curve of your spine, press on the discs leading to herniations, cause pressure on the nerves that travel through the central canal, and strain muscles and ligaments that support your back. Excess weight can also lead to the development of arthritis in the back.



JESSICA B. JAMESON, MD

Dr. Jameson is an anesthesiologist and pain medicine physician with added board certification in obesity medicine. She is passionate about helping patients achieve lasting weight loss results.



JENNIFER TOROK, NP-C

Jennifer is certified as an obesity medicine nurse practitioner. She uses science-backed, sustainable methods to ensure the success of each of her patients.

HOW CAN AXIS SPINE ASSIST ME ON MY WEIGHT LOSS JOURNEY?

Dr Jessica Jameson and Jennifer Torok NP-C have added board certifications in Obesity Management. They have special training to be able to utilize a variety of well-studied medications to jump start weight loss. They are the only practitioners in the region with these certifications and are committed to staying connected to the latest research and data on weight loss. Our team members include Precision Nutrition certified practitioners, exercise physiologists, health coaches and more. We focus on the four pillars of healthy weight: nutrition, physical activity, behavior, and medications to help our clients reach their goals.

WHAT DOES THE PROGRAM LOOK LIKE?

Our weight loss program consists of regular office visits (many times covered by insurance) to tailor a program that works for you. We support you on your diet, activity, and medications every step of the way.

Give us a call to set up your consultation and be on your way to not only being healthier but feeling better too!

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